



## ILLUSTRATIONS FROM BASHAR WORKSHOPS CHANGING CORE BELIEFS WORKSHOP

To exist and survive in physical reality  
you must:

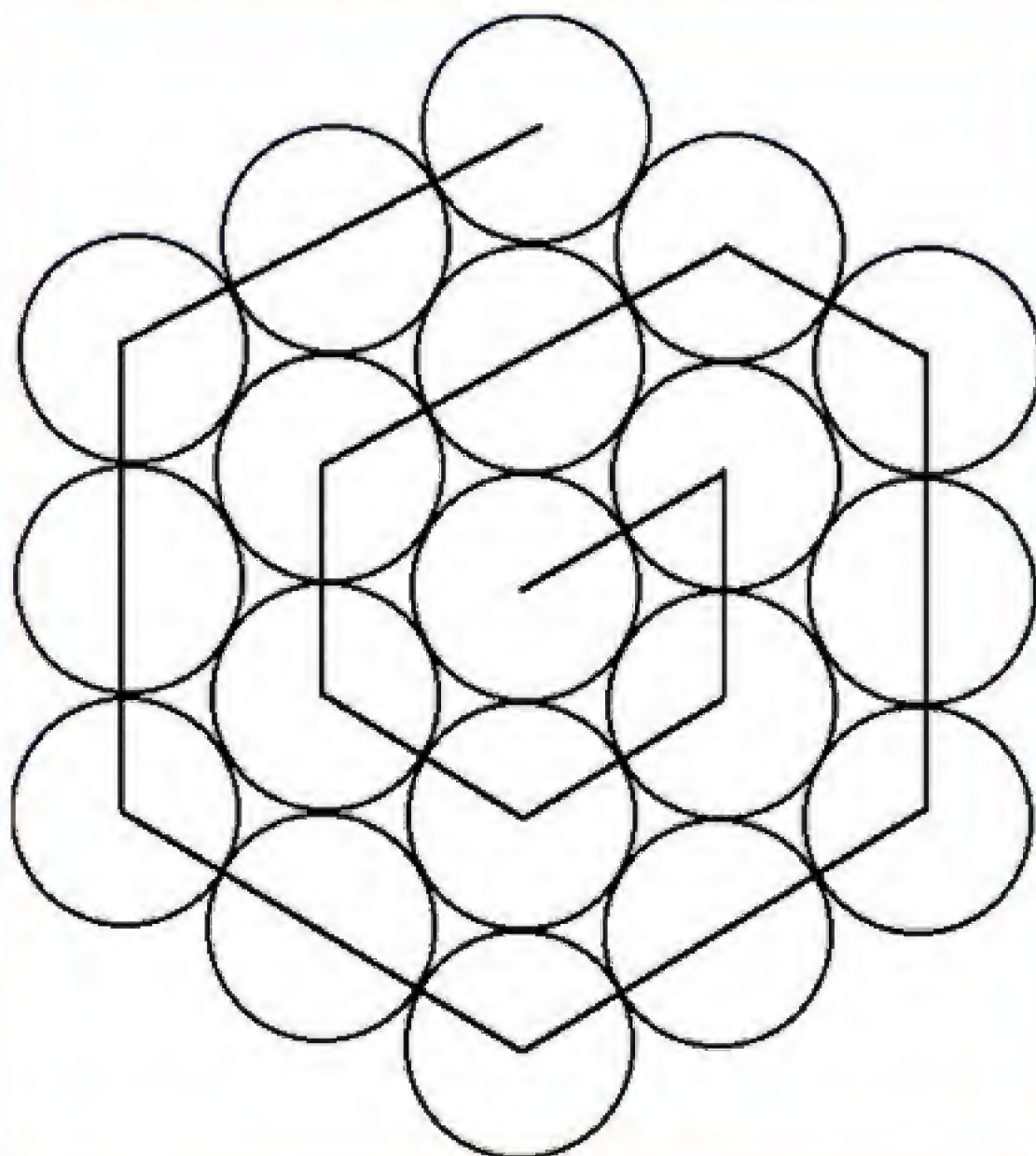
BE BORN  
BREATHE  
DRINK  
EAT  
EXCRETE  
SLEEP  
MAINTAIN HEALTH  
DREAM

To function in physical reality you must  
do some of these:

SEE  
HEAR  
SMELL  
TASTE  
TOUCH  
THINK  
FEEL  
ACT  
COMMUNICATE  
DREAM  
CREATE  
LOVE



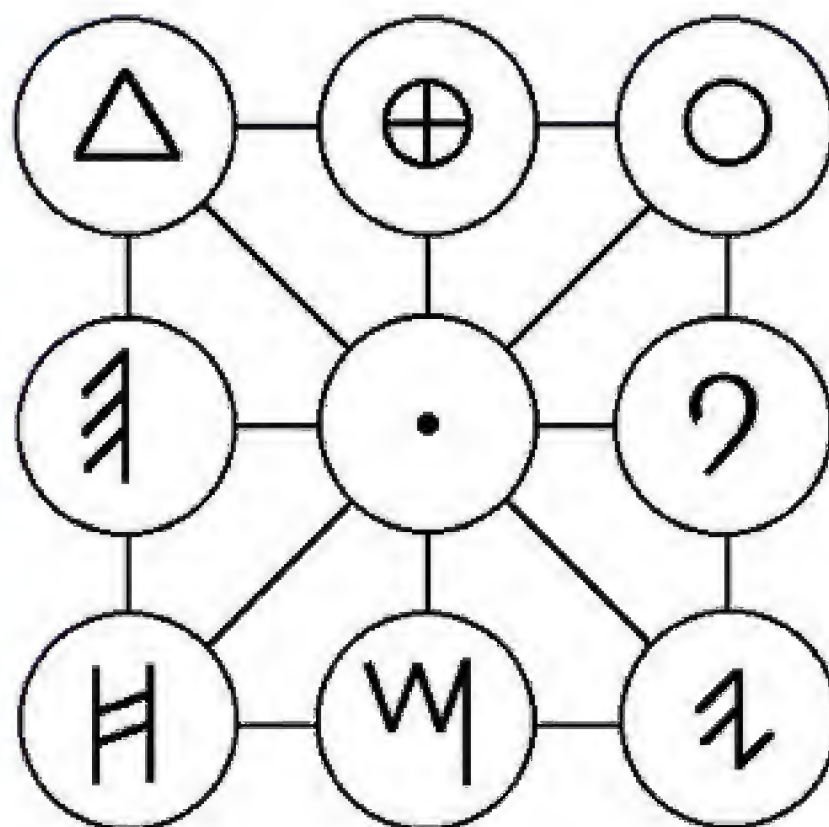
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## ENNEAGRAMMATIC CIRCUIT



*"From the inner being, through sight, sound, touch and feeling are manifested the path, windows and doors to the unknown, which always leads back to the inner being."*